



COLORADO

Recommendations for Improving Recovery Support Services

August 13, 2019

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COLORADO
Office of Behavioral Health
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Community Mental Health Services and Substance Abuse Prevention and Treatment Block Grants (MHBG and SABG)

- Noncompetitive block grants provided to states.
- Distributed by SAMHSA within HHS.
- OBH receives and administers MHBG and SABG funds.
- MHBG and SABG used for prevention, treatment, recovery supports and other services to *supplement* services covered by Medicaid, Medicare and private insurance.
- MHBG approx. \$13 million; SABG approx. \$29 million



Behavioral Health Planning and Advisory Council (BHPAC)

- MHBG requires states to have a planning and advisory council.
- Mental health council incorporated substance abuse services to form BHPAC.
- *Duties:*
 - Review and recommend modifications to MHBG and SABG plans.
 - Behavioral health advocacy for individuals, families, communities and the health care system.
 - Provide holistic recommendations regarding the allocation and adequacy of behavioral health services in Colorado.



BHPAC Organization

Membership:

- At least 51% membership represent individuals with lived experience, family of individuals with lived experience or advocates;
- State agency participation (CDHS, CDE, CDLE/Voc. Rehab, DPS, DOLA); and,
- Public and private entities interested or involved in the behavioral health system.

BHPAC Committees:

- Membership, Prevention, Treatment, Recovery.
- Provide recommendations to BHPAC on assigned committee topic.



BHPAC's Value

- Almost 3 decades of planning and advisory experience.
- Personal experience allows for different perspectives on systems.
- Opportunity to promote positive changes.
- ~2 years of work on each recommendation.

Recovery Committee:

- Ideas and innovation, rather than only focus on barriers.
- Recovery Services in all areas along continuum of care.
- “Get better faster and stay better longer”





Recovery

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Behavioral Health Planning and Advisory Council (BHPAC)

August 13, 2109

What is Recovery?

*According to the United States Department of Human Services
Substance And Mental Health Services Administration (SAMHSA):*

“a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”



4 Major Components Supporting Recovery

1. Health

2. Home

3. Purpose

4. Community

*According to the United States Department of Human Services
Substance And Mental Health Services Administration (SAMHSA):*





Recovery Recommendations

*As determined by the Recovery
Committee of the Behavioral Health
Planning and Advisory Council (BHPAC)*

June 6, 2019

1. Tenancy Support

- Funding case management to assist individuals with housing and wrap around services.
- Case management could provide:
 - Housing resources and assisting with application processes
 - Assistance with how to work with housing landlords and authorities when a past felony charge is involved
 - Resources for tiered services - inpatient, outpatient, sober living, independent living
 - Transition support from sober living to independent living through utilizing tools such as the app “MySoberRoommate” for finding a reliable, safe roommate in recovery



2. Supported Employment

- Employment is a major provision of purpose, and as substance use is a criminalized behavior, felony records create a barrier to employment.
- 65% of individuals with significant mental illness (SMI) want to work, *however* only 1.2% have access to an evidenced-based supported employment program.
- The Colorado Office of Behavioral Health is a statewide and national leader in promoting an evidence-based, supported employment program called IPS or Individual Placement & Support.



Supported Employment IPS Expansion

- Currently, IPS has only been implemented in 11 Community Mental Health Centers (MHCs) in Colorado.
- According to the Thrive Center, there are seventeen community mental health centers (CMHCs), five Behavioral Health Organizations (BHOs) and six specialty clinics in the state of Colorado.
- We recommend expanding the IPS programming to all MHCs *AND* into other organizations to promote purpose and support recovery more broadly.



3. Recovery Support Services

- Incorporate Recovery Support Services at the onset of identification of a substance issue and throughout the process of treatment and recovery.
- Provide funding for training for peer recovery coaches as well as scholarships for advanced CAC training.
- Create “Recovery-Ready Communities” including:
 - Alternative Peer Groups
 - Jail and Prison-based Recovery Support
 - Peer Recovery Coaching
 - Medication Assisted Recovery Support
 - Recovery Community Centers



Questions?

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BHPAC Website:

<https://www.colorado.gov/pacific/cdhs-boards-committees-collaboration/behavioral-health-planning-and-advisory-council>

